

Fact Sheet 2—Nicotine Replacement Therapy (NRT) and Zyban

Most people stop smoking by either cutting down cigarettes gradually and then smoking or by going cold turkey – quitting all at once. Smokers do not have to tough it out alone. NRT and/or Zyban can help. These medicines are safe for most people and the US Food and Drug Administration (FDA) say they generally double the chances of a person's quitting successfully.

Facts:

- Nicotine replacement products help take care of nicotine addiction by enabling one to break the habit.
- NRT products are designed to reduce cravings for cigarettes and relieve the withdrawal symptoms people experience.
- NRT's are available in a variety of forms: nicotine patch, nicotine gum, nicotine nasal spray, nicotine inhaler, microtab, and lozenger.
- NRT products do not have all the tars and poisonous gases that are found in cigarettes.
- Nicotine patch and nicotine gum are available over the counter.
- Nasal spray, nicotine inhaler, and non-nicotine medications are available through a doctor's prescription.
- No nicotine replacement product should be used for more than six months without a doctor's approval.
- Pregnant or nursing women should not use NRT products.
- Zyban is a non-nicotine treatment that usually is started when the patient is still smoking.